

ATTACHMENT

Attachment is a word that brings out the characteristics of being one with the object of our love. If am attached to a thing, then I am one with that object. If I am in love with a person, then I need to detach myself from what that person dislikes or what hinders our love of one another. Well, if this holds true then it applies also to God. When God says 'love me with all your heart, mind, strength and soul' it literally means that we cannot afford to love other things or persons more than Him. The only thing that can satisfy the human heart is GOD. Remember the words of St. Augustine, 'Our Hearts are restless O God until they rest in Thee'? Let me elaborate it. Let us assume that you are healthy, happy and wealthy and surrounded by wonderful friends. Can you ever think that all that you have will continue till the end of your life? Not at all! You get old, your friends will desert you and perhaps your wealth will remain the only security you have; but in the longer run and at the end when you really get old others will get hold of your wealth and then you become a non-entity and not important person. Who can afford to be with you all the time on your sick bed or during your old age? Your money and wealth will not support you. This is the time you will begin to think that only GOD can continue to be your friend. That is why God said 'I have carved your name on the palm of my hand. Even if your mother forgets you, I will not forget you my People' (Isaiah 49:14-15).

We need to program our life in such a way that we at least gradually get attached to God. Attachment to a

friend or friends is good and that can enhance your life; but ultimately it is attachment to God that gives you your real worth of happiness. When your foundation is on rock you needn't worry. Your edifice may be old, not fully taken care of, or not looking beautiful but you know for sure that you are founded on God and that gives you lasting security and happiness.

Ultimately attachment to God is loving God. What is then love? Love is attachment. If we love God we can afford to love all. That is why love is so sacred and we say I am attached to that person or a thing, because we love that person or that thing.

Why should we learn to love and connect with people and other beings we don't particularly like? Why should we love those who hurt us and cause us pain? Why should anyone want to love people like Hitler, Pol Pot, Stalin, or Idi Amin? How can we learn to love terrorists and people who cause war or genocide? How can we love drivers who are angry, careless, or drunk? How can we love men and women who are intolerant, petty and unkind to fellow beings? How can we learn to love people who grate on our nerves? How can we learn to love mosquitoes, snakes, and slimy creatures we don't want anywhere near us? Why? Why? How? How? When it comes to love, there are a lot of whys and hows?

There is at least one basic, simple, universal, and ultimately self-serving reason to love with that passionate attachment: The act of loving is naturally healing in and of itself. Negative feelings like anger and hate make us contract and close up; they can even make us feel weak and be sick. On the other hand, the more

we love, the better we feel. In short, loving others is a way of loving and healing ourselves. When we send out pure loving-kindness, it reverberates back; sending love and receiving love go hand in hand. We love in order to feel love. That's why we love; and love leads us to get attached to GOD.

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